

# **Owner's Manual**

Alliance A7 Upright

**Customer Service** (888) 340-0482

**Keys Fitness Products** 4009 Distribution Drive Suite 250 Garland, TX 75041

www.keysfitness.com

Model Name : A7u Serial Number : Write down for future reference. Serial number is located under unit.



315-00011 01/05 Rev C



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### **Important Safety Information**



**WARNING!** Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**WARNING!** To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

### SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.

2. This unit has a user maximum capacity of **350** pounds.

3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Keys recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.

4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.

5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.

- 6. Always examine your unit before using to ensure all parts are in working order.
- 7. Allow the unit to fully stop before dismounting.
- 8. Pets should never be allowed near the unit.
- 9. Do not leave children unsupervised near or on the unit.

10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.

11. Never insert any object or body parts into any opening.

12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.

13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.

14. Failure to follow these instructions will void the unit warranty.

### **Before You Start**

S E R I E S

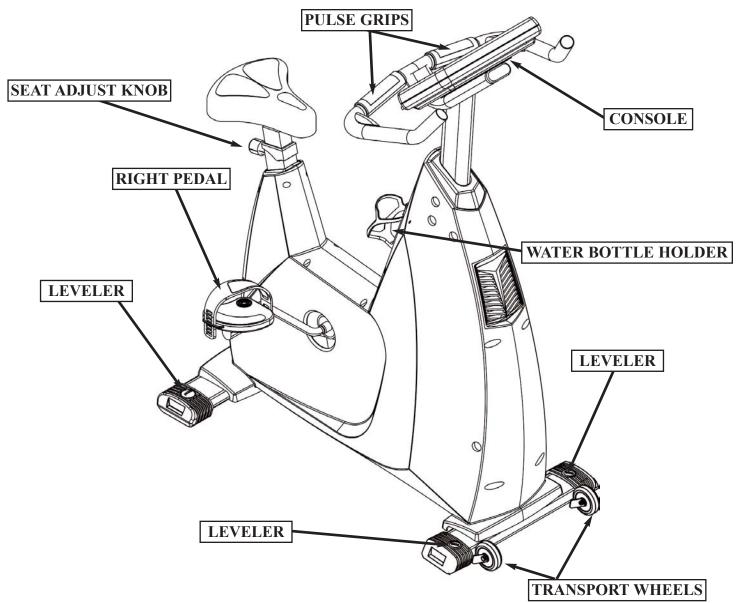
Thank you for purchasing the **Alliance A7 Upright!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

### Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

- If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.
- To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Keys Fitness recommends a sealed water bottle for beverages consumed while using the unit.

### Please review the following drawing below to familiarize yourself with the listed parts.



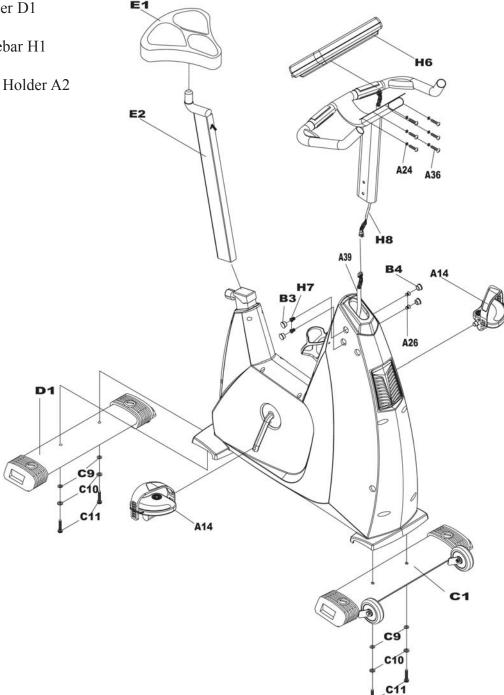


### **INSTRUCTIONS FOR ASSEMBLY**

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

### Main Components:

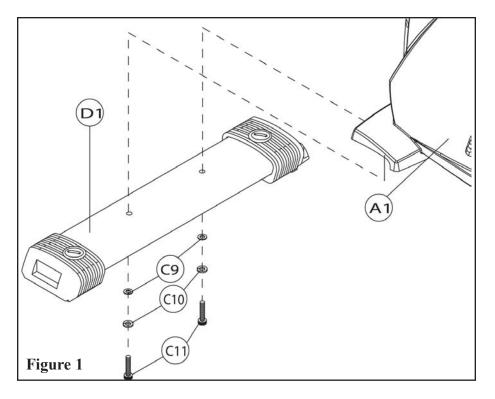
- 1. Main Frame A1
- 2. Pedals Left and Right A14
- 3. Front Stabilizer C1
- 4. Rear Stabilizer D1
- 5. Seat Pad E1
- 6. Pulse Handlebar H1
- 7. Console H6
- 8. Water Bottle Holder A2
- 9. Seat Post E2

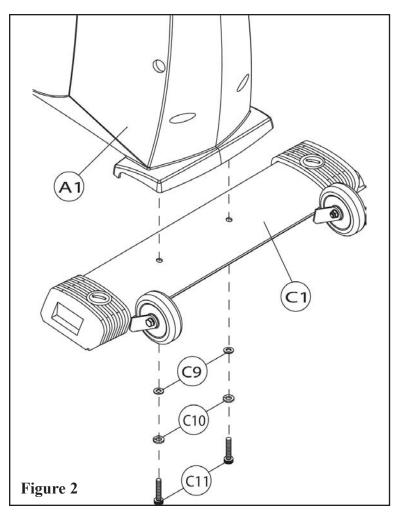




### Step 1 (Figure 1)

Attach Rear Stabilizer (D1) to Main Frame (A1) using two Flat Washers (C9), two Spring Washers (C10), and two Hex Nuts (C11).





### Step 2 (Figure 2)

Attach Front Stabilizer (C1) to Main Frame (A1) using two Flat Washers (C9), two Spring Washers (C10), and two Hex Nuts (C11).

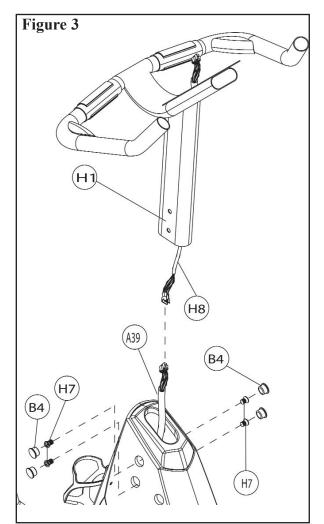


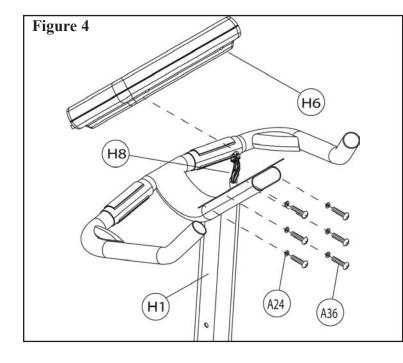
### Step 3 (Figure 3)

**A)** Connect Upper Wire Harness (H8) to Lower Wire Harness (A39).

**Note:** Upper Wire Harness will be located inside the Console Tube (H1).

**B)** Slide Console Tube (H1) into Main Frame (A1) and secure using four Flat Allen Head Bolts (H7). Insert Decoration Cap (B4) into each bolt hole.





### Step 4 (Figure 4)

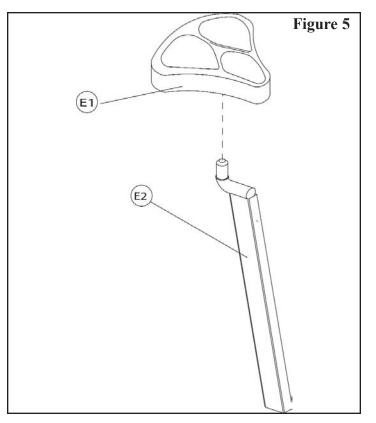
**A)** Connect Upper Wire Harness (H8) to Console (H6).

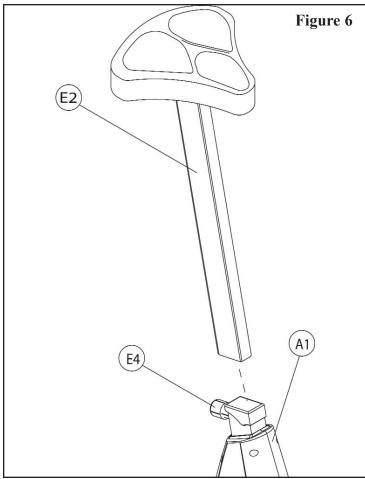
**B)** Secure Console (H6) to Console Tube (H1) using six Round Head Screws (A36) and six Flat Washers (A24).

### Step 5 (Figure 5)

Attach Seat Pad (E1) to Seat Post (E2).







### **Step 6 (Figure 6)** Slide Seat Post (E2) into Main Frame (A1) and secure using Locking Pop Pin Knob (E4).

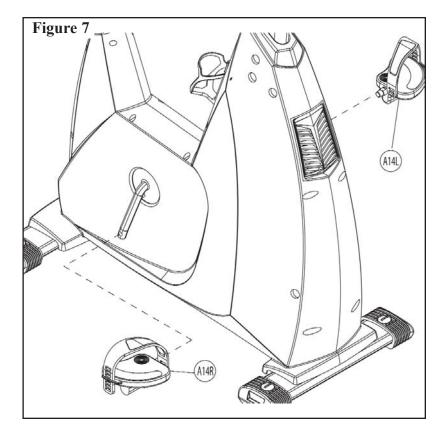


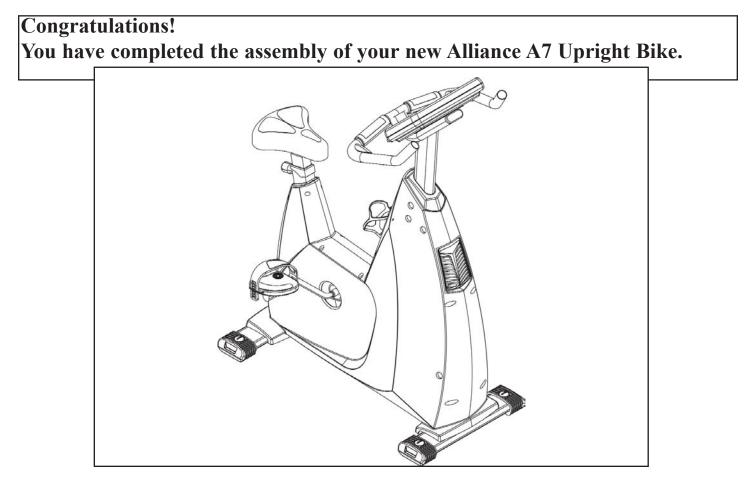
### Step 7 (Figure 7)

A) Thread Right Pedal (A14) into the right crank on Main Frame (A1) by turning the threads **Clock-Wise**.

Note: The Right Pedal is Marked with an **R**..

B) Thread Left Pedal (A14) into the left crank on Main Frame (A1) by turning the threads **Counter Clock-Wise**. *Note: The Left Pedal is marked with an L.* 



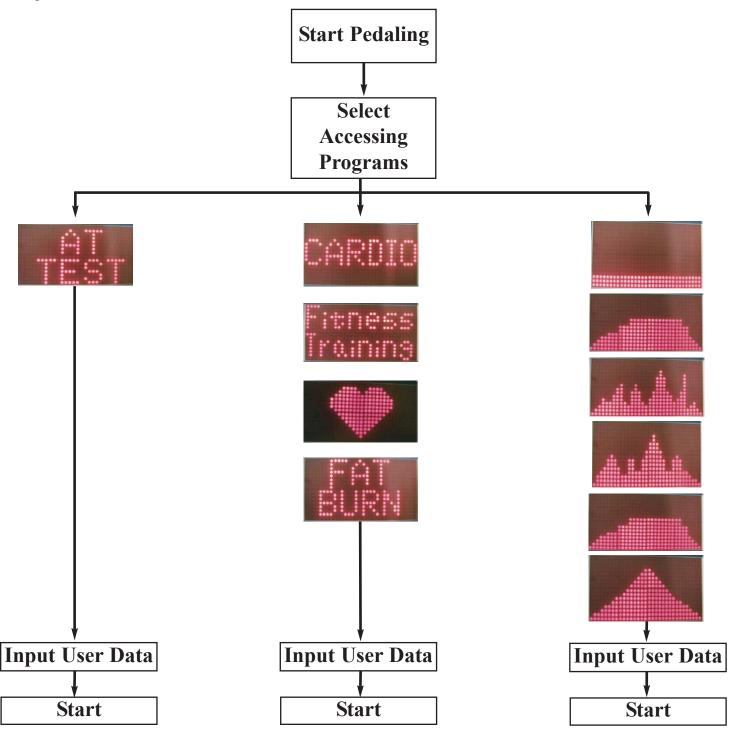




The Alliance A7r has an internal generator that provides electrical power to console display. You never need batteries or have to plug it in. Just simply pedal over 25 RPM to activate the console.

There are 3 options for accessing programs:

- 1. AT TEST: AT Measurement
- 2. HRC Mode: Cardio, Fitness Training, Target Heart Rate and Fat Burn
- 3. Constant torque mode: Manual, Hiking, Speed Interval, Vigorous, Endurance and Peak



### **Console Buttons**



#### **QUICK START:**

Press this button to enter MANUAL program.

#### AT TEST:

Press this button to enter AT TEST mode.

#### **RESET:**

Clears current setup variables and goes back to the beginning of setup mode.

#### PAUSE / RESUME:

Save and readout the data of current workout situation.

#### **ENTER:**

Confirm the input data for age, weight, program mode, resistance level, and workout time.

#### **PLUS (+):**

Increases the value for age, weight, resistance levels, and workout time. It is also the select button for programs and user's sex. To increase the numbers more quickly, hold key down for more than 1 second.

#### MINUS (-):

Decreases the value for age, weight, resistance levels, and workout time. It is also the select button for programs and sex. To decrease the numbers more quickly, hold key down for more than 1 second.

#### **KEY PAD:**

0~9: Allows you to type the value of age, weight, resistance levels, workout time, and program.

#### **SCAN:**

Will automatically change the data being displayed in the data windows. Hold the button down until a "beep" sound is heard. Once SCAN mode is activated the display data will changes every 4 seconds.

### **Readout Definitions**

TIME: Indication of the workout time LEVEL: Indicates the current workout resistance level DISTANCE: Indicates the traveled distance in a workout WATTS: Power required to pedal the bike RPM: Pedaling speed in revolutions per minute METS: Measurement of oxygen consumption HEART RATE: Indicates the heart beats per minute. CALORIES: Indicates estimated consumed calories burned in K cal.

### **Key Pad Program Selection**

Workout Program	Number
AT Test	
Cardio	0
Fitness Test	1
Target Heart Rate	2
Fat Burn	3
Manual	4
Vigorous	5
Hiking	6
Endurance	7
Speed Interval	8
Peak	9

### **Program Operation**



### **Monitoring Heart Rate:**

Heart Rate Handgrips: Place you palms onto the metal sensor plates, after few second your heart rate should be displayed in the window.

**Heart Rate Transmitter Strap:** Adjust the strap to proper length. Wear directly against your skin around chest. Some moisture is need between the Transmitter and your skin prior to your workout. Once you start the workout, your heart rate will be displaced in heart rate window.

**Note:** It is suggested to use Heart Rate Transmitter Strap for AT TEST and HRC mode (Heart Rate Control mode)! The HRC mode is designed to keep you exercising at exactly target heart rate. If you use the Handgrip to monitor your heart rate, please keep your palm on the metal heart rate sensor plates to ensure the correct heart rate.

### AT Test: (Anaerobic Threshold)

AT Test is the best approach to find the body's maximum point of aerobic exercise by monitoring the body's physical condition while exercising. When the body is exercising, and the flow of oxygen to the muscles is sufficient, the exercise is called aerobic exercise. Exercise over that limit, called anaerobic exercise, results in muscles working harder than the body can support and the oxygen flow to the muscles is not sufficient. Rather than improving the muscles' condition, anaerobic exercise can be dangerous. AT TEST can measure this point, in order to maximize the workout, without crossing the AT point.

To increase accurate measurement, begin AT TEST with normal breathing and relaxation, keep the speed between 50-70 rpm, place your palm on the Heart Rate Handgrips or wear the Heart Rate Transmitter strap. Normally, the AT HR (heart rate) can be tested in 10-20 minutes of workout. However, during the AT TEST, if the workout intensity is too high to withstand, push PAUSE / RESUME button to stop the AT TEST. The

window will also display the AT HR, but it is a estimated value and less accurate.

### AT Test Mode:

- **1.** Push + or to move the light to AT TEST mode or push the AT TEST button directly.
- 2. Press Enter
- 3. Push + or to increase or decrease the user age, or push the correct age on the KEY PAD.
- 4. Press Enter
- 5. Push + or to change the user's sex to Male or Female, or Push the number 0 key for female or the number 1 key for male.
- 6. Press Enter to begin the AT Test.

Note: You can hit the RESET button at any time to restart the set up program.

#### **Operation:**

**1.** The Heart Rate input is required under AT TEST mode. The user must either place his palms on the Heart Rate Handgrip or wear the Heart Rate Transmitter strap.

**2.** Push the SCAN button to switch the display data between upper row and lower row. Hold the button down until you hear a "beep", the display data will automatically change every 4 seconds.

### **Program Operation**



### HRC Mode: (Heart Rate Control)

1. Use + or - to move the LED Indicator to select one of the following programs: CARDIO, FITNESS TEST, TARGET HEART RATE, OR FAT BURN. You can also use the KEY PAD to choose one directly.

- 2. Press ENTER
- 3. Use + or to increase or decrease the user weight, or use the KEY PAD to type it in.
- 4. Press ENTER
- 5. Use + or to input the user's AT HR (heart rate), or use the KEY PAD to type it in.
- 6. Press ENTER
- 7. Use + or to input the workout time, or use the KEY PAD to type it in.
- 8. Press ENTER to begin the workout.

Note: You can hit the RESET button at any time to restart the set up program.

### **Operation:**

**1.** The Heart Rate input is required under AT TEST mode. The user must either place his palms on the Heart Rate Handgrip or wear the Heart Rate Transmitter strap.

**2.** Push the SCAN button to switch the display data between upper row and lower row. Hold the button down until you hear a "beep", the display data will automatically change every 4 seconds.

**3.** Use the + or - buttons to increase or decrease the workout resistance levels.

### **Constant Mode:**

**1.** Use + or - to move the LED Indicator to select one of the following programs: MANUAL, VIGOROUS, HIKING, ENDURANCE, SPEED INTERVAL, OR PEAK. You can also use the KEY PAD to choose one directly.

- 2. Press ENTER
- 3. Use + or to increase or decrease the user weight, or use the KEY PAD to type it in.
- 4. Press ENTER
- 5. Use + or to increase or decrease the workout level, or use the KEY PAD to type it in.
- 6. Press ENTER
- 7. Use + or to input the workout time, or use the KEY PAD to type it in.
- **6.** Press ENTER to begin the workout.

Note: You can hit the RESET button at any time to restart the set up program.

### **Operation:**

**1.** Push PAUSE / RESUME button to save the current workout data. At next workout you can push it again to resume where you left off.

**2.** Push the SCAN button to switch the display data between upper row and lower row. Hold the button down until you hear a "beep", the display data will automatically change every 4 seconds.

**3.** Use the + or - buttons to increase or decrease the workout resistance levels.

### **Program Profiles**



### HRC Programs



**Cardiovascular:** A program designed to keep your workout heart rate value at AT HR x 110%.



**Fitness Test:** A program designed to keep your workout heart rate value at AT HR x 100%.



**Target Heart Rate:** A program designed to keep your workout heart rate value at AT HR x 95%.



**Fat Burn:** A program designed to keep your workout heart rate value at AT HR x 90%.

### **Constant Mode Programs**



**Manual Mode:** A program designed to be controlled by the user.



### Vigorous:

A program designed with a long warm up and steady constant resistance.



### Hiking:

Peak:

A program designed to train you up and down the road with lots of challenging terrain changes.



**Endurance:** An advanced program that is designed to increase muscular strength and endurance.



# **Speed Interval:** An program designed with 4 more difficult speed intervals.

# A program designed to maintain a smooth, constant speed in order to conserve energy.



### Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See *Fitness Safety* below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.

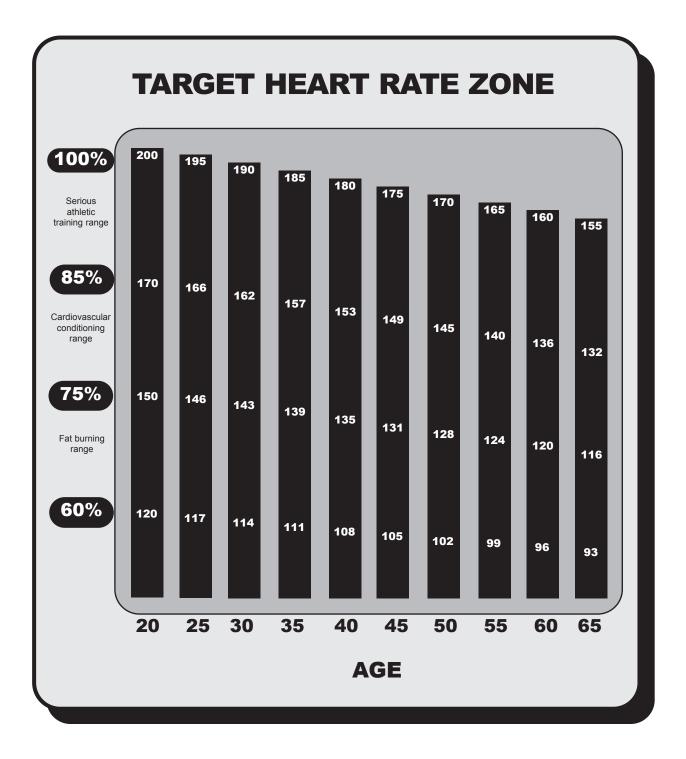
According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

**Fitness Safety** The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = Maximum Heart Rate
(THR) = Target Heart Rate
220 - age = maximum heart rate (MHR)
MHR x .60 = 60% of your maximum heart rate.
MHR x .75 = 75% of your maximum heart rate.
For example, if you are 30 years old, your calculations will be as follows:
220 - 30 = 190
190 x .60 = 114 (low end or 60% of MHR)
190 x .75 = 142 (high end or 75% of MHR)
30 year-old (THR) Target Heart Rate would be 114-142
See Heart Rate Table (on page 15) for additional calculations.

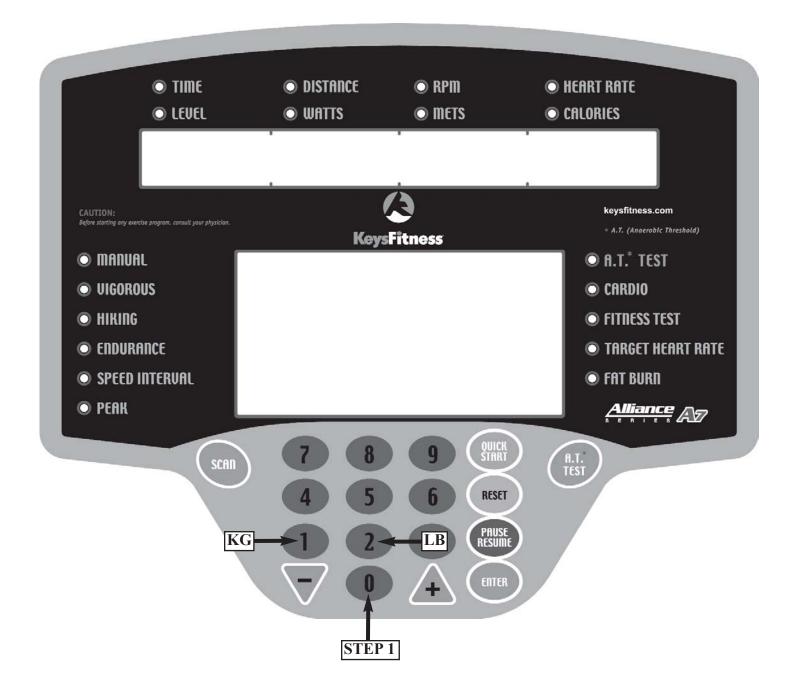






### Change to MPH (Miles Per Hour) or KPH (Kilometers Per Hour):

- 1. With the unit off press and hold "0" on the key pad.
- 2. Start pedaling the bike. "UNIT=KG" OR "UNIT=LB" will be displayed in the upper LED window.
- 3. Use the key pad to indicate which unit of measure you would like to use. Press "1" for KG and to change distance to KPH.
  - Press "2" for LB and to change distance to MPH.
- 4. Stop pedaling the unit until the screen shuts off to accept the changes.

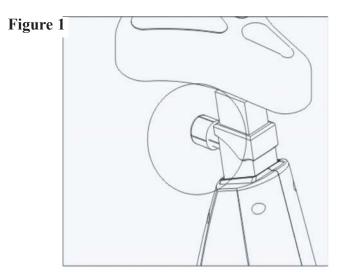




### Seat Adjustment

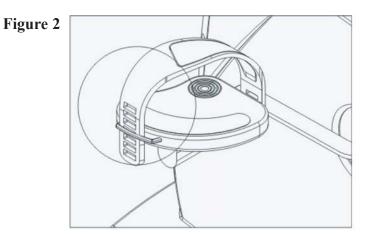
To raise or lower the seat height, start by pulling out the pop pin knob. Next, raise or lower the seat post to the proper position. Then, release the pop pin knob to the pre-set position hole. It is important to ensure that the pop pin knob is locked in one of the pre-set position holes on the seat post. *Refer to Figure 1*.

On the upright bike, the seat height should be adjusted so that the bottom of the pedal stroke, it is possible to extend your leg with the heel on the pedal. First, sit on the bike, place your feet in the pedals. Next, rotate one pedal to the furthest most position. In this position you should have a slight bend in your knee. If your leg is too straight or your foot cannot touch the pedal, you will need to lower the seat. If your leg is at too much of an angle, you will need to raise the seat.



### Foot Pedal Strap Adjustment

First, place your foot on the pedal. Rotate the pedals until one foot is within arm's reach. Then, carefully reach down and fasten the rubber strap over your shoe and secure it to the pedal by slipping the nub at the end of pedal through the slot of the pedal strap. Last, pull down the strap until it snaps into place. Repeat process for the other foot. *Refer to Figure 2*.



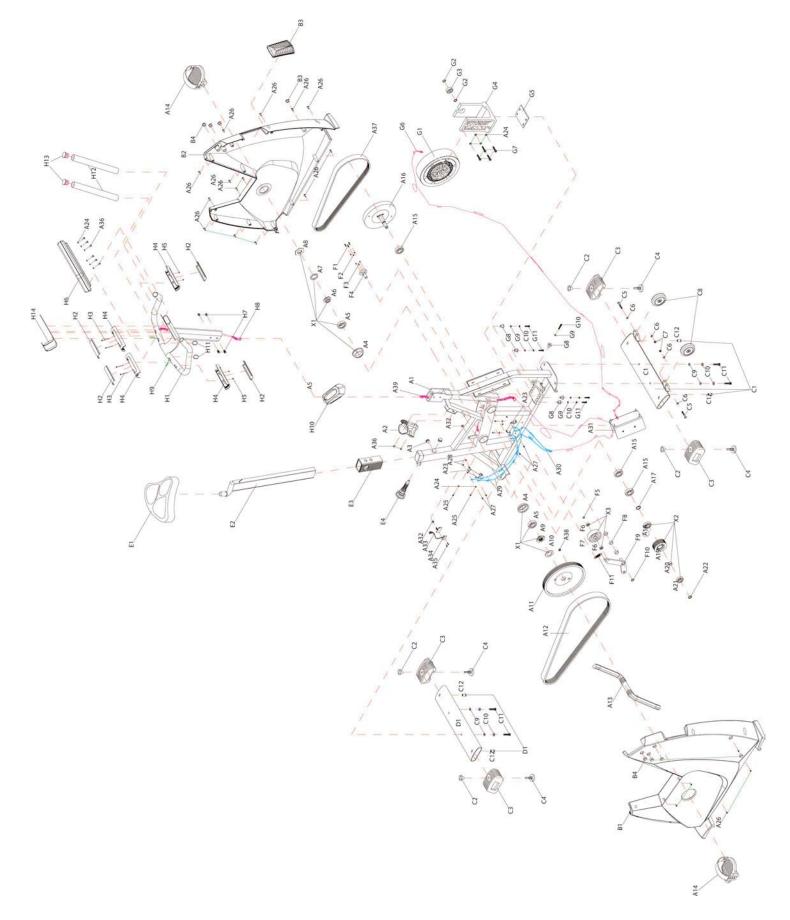
## **Parts List**



A7u Parts List Rev C

REF#	KEYS PART#	DESCRIPTION	QTY.	REF#	KEYS PART#	DESCRIPTION	QTY.
A1	323-00165	A7u Frame Assembly	1	C10	302-00277	A7r & A7u Spring Washer SW8	9
A2	310-00123	A7r & A7u Water bottle Holder	1	C11	302-00245	A7u Hex Screw M6*1.25*50	
A3	302-00311	A7u Seat post bolt	2	C12	302-00252	A7r & A7u Insert Nut M10*1.5	4
A5	331-00038	A7r & A7u Bearing	2	D1	323-00161	A7r & A7u Rear Stabilizer Assembly	1
X1	324-00001	A7r & A7u Bottom Bracket Set	1	E1	328-00023	A7u Seat	3
A11	311-00043	A7r & A7u Crank and Pulley set	1	E2	323-00167	A7u Seat post Assembly	3
A12	304-00017	A7u Poly-v Belt	1	E3	306-00321	A7u Sleeve	3
A13	330-00045	A7r & A7u Crank	1	E4	310-00125	A7u Locking Pop Pin Knob	1
A14	306-00311	A7r & A7u Pedal L & R	1	F1	302-00258	A7r & A7u Round Head Allen Bolt M5*0.8*12	1
A15	331-00039	A7r & A7u Bearing	3	F2	302-00278	A7r & A7u Spring Washer SW5	2
A16	330-00046	A7r & A7u Crank and Pulley Axle	1	F3	302-00231	A7r & A7u Flat Washer M5 (5.3*10*1)	1
A17	302-00218	A7r & A7u C Ring 25	1	F4	319-00005	A7r & A7u Axle Assembly Idler	3
X2	324-00002	A7r & A7u Poly of Second Axle Assembly	1	F5	302-00309	A7u C Ring 8	1
A22	302-00219	A7r & A7u C Ring 17	1	X3	324-00003	A7r & A7u Aluminum Idler Wheel Assembly	1
A23	307-00061	A7r & A7u Load Resister	2	F8	331-00045	A7r & A7u DU Bearing	1
A24	302-00228	A7r & A7u Flat Washer M5 (5.5*13*1)	14	F9	330-00044	A7u Idler Arm Assembly	2
A25	302-00263	A7r & A7u Round Head Screw M5*0.8*10	4	F10	302-00223	A7r & A7u C Ring 14	1
A26	302-00266	A7r & A7u Round Head Screw M5*0.8*15	19	F11	302-00275	A7r & A7u Spring	1
A27	302-00264	A7r & A7u Round Head Screw M4*0.7*10	4	G1	311-00044	A7r & A7u Generator	1
A28	302-00242	A7r & A7u Hex Nut M4*0.7	4	G2	302-00220	A7r & A7u C Ring 15	4
A29	313-00086	A7u Wire of Load Resister (B)	2	G3	331-00040	A7r & A7u Bearing (6002LLU)	4
A30	313-00085	A7u Wire of Load Resister (A)	1	G4	319-00007	A7r & A7u Generator Base	5
A31	307-00060	A7r & A7u Control Board Ver3.1	1	G5	306-00314	A7r & A7u Shielding Pad	5
A32	302-00243	A7r & A7u Hex Nut M6*1.0	2	G6	313-00081	A7u Output Generator Wire	4
A33	302-00308	A7r & A7u Sensor Cable Bracket	1	G7	302-00259	A7r & A7u Round Head Allen Bolt M5*0.8*30	4
A34	313-00089	A7u Sensor Cable	1	G8	302-00217	A7r & A7u Bushing 25*22	1
A35	302-00265	A7r & A7u Round Head Screw M3*0.5*8	2	G9	302-00233	A7r & A7u Flat Washer M8 (8.5*26*2.5)	1
A36	302-00268	A7r & A7u Round Head Screw M5*0.8*15	8	G10	302-00319	A7u Round Head Allen Bolt M8*1.25*55	1
A37	304-00013	A7u Poly-v Belt J6 762	1	G11	302-00260	A7r & A7u Round Head Allen Bolt M8*1.25*45	2
A38	302-00273	A7r & A7u Sensor Magnetic	1	H1	323-00166	A7u Pulse Handlebar Assy	1
A39	313-00088	A7u Lower Wire Hardness	1	H2	313-00078	A7r & A7u Heart Rate Sensor plate	2
B1	305-00054	A7u Right Shroud	1	H3	302-00271	A7r & A7u Round Head Screw M3*0.5*35	1
B2	305-00053	A7u Left Shroud	1	H4	306-00308	A7r & A7u Heart Rate Sensor Grip	6
B3	306-00319	A7u Decoration Cover	1	H5	302-00246	A7r & A7u Hex Nut M3*0.5	4
B4	306-00304	A7r & A7u Decoration Cap	8	H6	307-00059	A7r & A7u Console	1
C1	323-00159	A7r & A7u Front Stabilizer Assembly	1	H7	302-00225	A7r & A7u Flat Head Allen Bolt M8*1.25*16	1
C2	310-00122	A7r & A7u Adjusting Knob	4	H8	313-00090	A7u Upper Wire Hardness	1
C3	306-00306	A7r & A7u Foot Cap	4	H9	313-00087	A7u Heart Rate Sensor wire	1
C4	306-00310	A7r & A7u Leveling Base	4	H10	306-00322	A7u Console Tube Cover	1
C5	302-00244	A7r & A7u Hex Nut M6*1*40	2	H11	302-00310	A7u O Ring	8
C6	302-00229	A7r & A7u Flat Washer M6 (6.5*13*1)	4	H12	306-00320	A7u Grip for Front Handlebar	2
C7	302-00254	A7r & A7u Nylon Nut M6*1	2	H13	306-00307	A7r & A7u Handlebar End Cap	4
C8	306-00318	A7r & A7u Transportation Wheel 3*23	2	H14	323-00168	A7u Reading Rack	4
C9	302-00230	A7r & A7u Flat Washer 8.4*17*2	9				







### **KEYS FITNESS PRODUCTS, LP -LIMITED WARRANTY**

PRODUCT: A7u							
HOME USE WARRANTY:							
<u>Parts:</u>	Electronics:	<u>Labor:</u>					
3 Years	2 Years	1 Year					
LIGHT INSTITUTIONAL:							
Parts:	<b>Electronics:</b>	Labor:					
2 Years	2 Years	1 Year					

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PUR-POSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEI-THER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAM-AGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP. MAIL WARRANTY CARD TO: KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355



# Customer Service (888) 340-0482

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